

Love is Humble

1. Heart Temperature Check

The word “envy” carries the idea of boiling internally.

When your spouse succeeds, is praised, or grows — does your heart celebrate or simmer? What does that reveal about pride in you?

2. Subtle Boasting

“Love does not parade itself.” In what subtle ways do you “announce” your importance in marriage — through stories, comparisons, sarcasm, or highlighting your sacrifices?

3. Puffed Up vs. Built Up

If being “puffed up” means inflated with self-importance, how might your ego crowd out space for your spouse’s needs, feelings, or voice?

4. Default Setting

According to 1 John 2:16, the “pride of life” is natural to us. Where do you see arrogance most often surface in your marriage — conflict, finances, parenting, intimacy, decision-making?

5. Self-Made Illusion

When something goes well in your life (career success, spiritual growth, good parenting moment), are you quick to acknowledge God and others — or do you internally take the credit? How might that attitude affect your spouse?

6. Love Languages & Pride

Looking at *The Five Love Languages* by Gary Chapman, which one is most vulnerable to becoming self-centered for you? Do you ever turn your love language into a demand instead of a gift?

7. Encouraging vs. Feeding

How can you tell the difference between:

- Strengthening your spouse's character
- Strengthening their insecurity or entitlement

Where might you be enabling immaturity instead of cultivating growth?

8. Correct Self-Assessment

In light of Romans 3:10 and 3:23, how does remembering your own sinfulness change the way you respond when your spouse fails?

Does humility make you softer or more defensive?

9. Oneness or Autonomy?

Ephesians 5:31 teaches that marriage is about becoming one.

Where does pride push you toward independence, isolation, or emotional withdrawal instead of unity?

What would humility require in that area?

10. Gospel-Centered Humility

In Philippians 2:7–8, Christ humbled Himself to the point of death.

How does meditating on Christ's self-emptying reshape:

- The way you argue?
- The way you apologize?
- The way you serve?

What is one concrete way you can “declare war” on pride this week?

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